



## **A Spiritual Rose in Conversation with the Innocent Lord**

### **First Awareness**

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

### **Who am I?**

I am a spiritual rose. I, the soul, have beauty, form, fragrance, and color. Baba sustains me with special love and power.

### **To whom do I Belong?**

Soul converses with Baba:

Good morning sweet Baba.

I belong to You, the Innocent Lord. You give me blessings from the treasure store of blessings.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me.

You can attain all that your mind desires by connecting to Me, the Innocent Lord, during the amrit vela, the spiritual hour, dawn the border of night and day. This is the time when you effortlessly attain limitless blessings

from Me, the Innocent Lord. Experience at this time elevated happiness and attainments.

### **Receiving Inspirations and Clearing Confusions**

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

### **Receiving a Blessing from Baba**

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, pure vision, He gives me this blessing: ***You are a peaceful and carefree soul whose light of awareness is constantly lit. This light dispels the darkness of your attachments and reveals the sweetness and beauty of God's heart. In this light, you find your wings and are now destined to help the whole world fly.***

### **Unlimited Subtle Service (last 15 minutes)**

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

### **Before Going to Bed**

I steady myself in the stage beyond sound. I mentally check:

was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.